



Friendship Heights

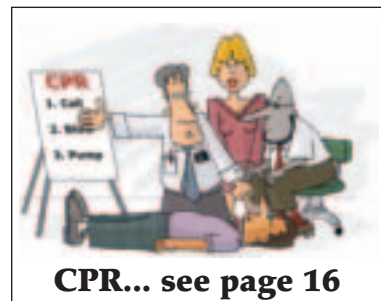


VILLAGE NEWS

OCTOBER 2005

301-656-2797

VOLUME 20, NO. 5



CPR... see page 16

A 'Spectacular' visit to New York

Join us for a two-day visit to New York City and make your holidays unforgettable. On **Sunday, Dec. 4 and Monday, Dec. 5** we will enjoy the incomparable Radio City Christmas Spectacular, a tour of Ellis Island, dinner together at the Tavern on the Green, and still have time for Christmas shopping and enjoying the tree in Rockefeller Center.

We will leave the Village Center at 7:30 a.m., on Sunday, Dec. 4. Box lunches will be served on the bus and we will arrive in New York early afternoon. Our visit will begin with a tour of Ellis Island, one of the country's most important historic sites. Nearly half of all Americans today can trace their family one person who the Port of New York We'll visit the Immi- which is located in the the former immigra- complex and tells the the immigrants who through Ellis Island. A the museum is the Wall overlooks the Statue of New York skyline and of names in the world. History Center, visi- the passenger records of the ships that landed some 22 million immigrants and crewmembers at the Port of New York and Ellis Island from 1892 to 1924. You might find records of your family's beginnings in the new world!

On our way to the hotel we'll drive by the site of the World Trade Center and take a look at the rebuilding at Ground Zero. Then we'll check into our hotel, the Helmsley Middletowne, for a short rest before leaving for an



Source: tavernonthegreen.com

history to at least passed through at Ellis Island. gration Museum, Main Building of tion station moving tales of entered America special feature of of Honor, which Liberty and the is the longest wall At the interactive tors can access

continued on page 11

Fall Festival takes a sentimental journey

Take a stroll down Memory Lane as this year's Friendship Heights Fall Festival features the music of the U.S. during the 1940s.

Each autumn the Village celebrates with Fall Festival, a night of music and food highlighting a unique area in the United States or around the world. Join us on **Thursday, Oct. 27, from 7 to 8:30 p.m.** at the Village Center when we'll enjoy the music of the 1940s and light fare. Mayor Melanie Rose White will give the welcoming remarks. Performing at the Fall Festival will be the USA Canteen, featuring Christina Crerar.

We hope you'll bring family and friends along to join in the evening's celebration — in the spirit of Friendship, why not invite a new resident who might not be acquainted with the strong community ties of Friendship Heights? No advance registration is required. Call 301-656-2797 for more information. See you there!

Great gift ideas are here as the Village Center hosts its annual "Holiday Affair" on **Saturday, Nov. 5, from 12 p.m. to 5 p.m.** This event will feature the works of local artists and artisans. No ordinary craft show, "A Holiday Affair" will offer something for everyone, for every budget. You'll find pottery, purses, textiles, jewelry, paintings, baskets and more. Admission is free. Unique gifts abound, so mark your calendars for a great shopping opportunity right here in Friendship Heights. Bring the children for Saturday Storytime from 2 to 3 p.m. Local actress and singer Barbara Papendorp will delight children with tales of autumn and Thanksgiving.

Trip to historic Annapolis... see page 3

CHILDREN'S PROGRAMS

Children's Hayride in October

Children in the Village will love the chance to visit a corn maze, pick a pumpkin, feed farm animals, and go on a hayride as we visit Sharp's at Waterford Farm on **Saturday, Oct. 15**. Following all these activities, we'll roast hotdogs and marshmallows by the campfire.

We'll leave the Center at 3 p.m. and should return by 8:30 p.m. The cost of the trip, which includes transportation, admission to the farm, hayride, corn maze, pumpkin and campfire dinner, is \$23 per person, Children 4 and under are \$12. All children must be accompanied by a parent or guardian. The deadline to sign up is Wednesday, Oct. 12. This is a real hayride, so make sure you are able to climb in and out of a wagon filled with hay!

Spooky fun for little goblins

Dress up in your spookiest costumes for an evening of Halloween fun. The Friendship Heights Village Center will sponsor a Halloween Pizza Party for children, ages one to 10, on **Friday, Oct. 28, from 6:30 to 8 p.m.** There will be Halloween games, refreshments and a few fright-filled activities.

Admission is free for everyone in costume; two dollars for those not in the Halloween spirit. Children must be accompanied by a parent or guardian. Space is limited and registration is required. Sign up at the Village Center. The deadline is Wednesday, Oct. 26. For more information, call the Village Center at 301-656-2797.

Share time with Somerset kindergartners

SKIP is back for the 2005/2006 school year with lots of fun activities for the young and the young-at-heart. Mark your calendars for **Friday, Oct. 28 and Wednesday, Nov. 2** when the kindergartners from Somerset Elementary come to the Village Center to make festive Autumn crafts. On Oct. 28, we'll host the morning kindergarten class from 9:30 to 10:30 a.m. On Nov. 2, the afternoon class will be here from 1 to 2 p.m.

Through SKIP (Somerset Kids Participating), a program that teams kindergarten children with local senior citizens, both children and senior citizens have the opportunity to learn from and enjoy the others' company.

SKIP will continue each month through the end of the school year. Anyone interested in being a SKIP Senior Volunteer is asked to call the Village Center at 301 656-2797. The time commitment is minimal — just one hour twice each month through May. Volunteers may attend any or all of the sessions.



Friendship Heights VILLAGE NEWS

www.erols.com/friendshiphtsvillage

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

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ON the GO...

A day of history in Annapolis

Enjoy a day in Maryland's historic capital when we visit Annapolis on **Wednesday, Oct. 12.** We'll visit the beautiful Hammond-Harwood House, have lunch overlooking Spa Creek and downtown Annapolis, and then tour the Maryland State House.

Our first tour is the Hammond-Harwood House, a National Historic Landmark that is an outstanding example of American colonial architecture. Built in 1774, it was the last work of renowned architect William Buckland. The home boasts of the most beautiful carved doorways in America, as well as a fine collection of late 18th and early 19th century decorative arts. Following our tour, we'll travel just across Spa Creek to Carrol's Creek Café. For an entrée, you may choose among petite filet mignon, crab cake, and chicken breast. Our luncheon menu also includes a house salad with mixed greens, cranberries, walnuts and stilton cheese, chocolate cake for dessert, and coffee or tea. After lunch, we'll tour Maryland's State House. We'll leave the Center at 9 a.m. and return by 3 p.m.

The cost of the trip is \$58, which includes transportation, tours and lunch. Residents and one guest may sign up immediately; nonresidents may sign up beginning Oct. 5. There are 24 spaces available.

A photo identification card is required to enter the Maryland State House. *The tour of the Hammond Harwood house is 45 minutes, much of the time you will be standing. There are also two flights of stairs, with a landing in between.*

Montgomery County Council Town Hall Meeting at Village Center: October 19

The County Council will hold a town hall meeting at the Village Center on **Wednesday, Oct. 19.** The meeting will begin with a reception at 7:30 p.m., followed by an 8 p.m. gathering that will last an hour and a half. Both the reception and meeting are open to the public. The County Council looks forward to hearing what is on your mind. Please come and share with them any issues of concern.

Tour the Pentagon

Join us on **Monday, Nov. 14,** for a special tour of the Pentagon, headquarters of the U.S. Department of Defense. About 23,000 military and civilian workers arrive every day at the Pentagon, the largest office building in the world. Our one-hour walking tour will include the main concourse, the center courtyard, the military executive corridors, the Hall of Heroes, and the 911 Memorial.

Following the tour we will have lunch at McCormick & Schmick's, one of the brand-new restaurants in Crystal City. Our menu will include mixed green salad and a choice of cedar roasted salmon with berry sauce, crab cake with rice, or chicken breast with lemon caper butter. Dessert will be sorbet with fruit. A soft drink, iced tea, or coffee is included.

You must provide your date of birth, social security number, and city of birth when you sign up. On the day of the trip, you must have **two** forms of identification and one must have a photo.

We will leave the Center at 9:30 a.m. and return home by 3 p.m. The cost for the trip, which includes lunch, transportation, and all taxes and gratuities, is \$62. Residents and one resident guest may sign up immediately. Nonresidents may sign up Oct. 15. Be prepared to walk for a full hour.

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We're off to the races

Enjoy some of the area's best thoroughbred racing when we travel to Charles Town, West Va., on **Sunday, Nov. 6**. Home of the famous West Virginia Breeders' Classic, Charles Town Races offers horse racing and slots, less than two hours from Washington. We'll depart the Village Center at 10:30 a.m. and arrive in time for brunch on the Skyline Terrace. Brunch includes omelets made to order, bacon, sausage, home fries, Belgian waffles, steamship round, baked ham, mashed potatoes and gravy, fruit, pastries, bagels and more. After a sumptuous brunch buffet, you can bet on the ponies or try your luck at the numerous gaming machines.

You'll also find slots, and the best of video poker, blackjack, and keno. You'll have hundreds of the latest three-coin machines, dollar games galore, and a brand-new array of fabulous Five-Dollar Slots to choose from. We should return to Friendship Heights by 6:30 p.m.

The cost of the trip is \$59, which includes transportation, admission to the park, buffet brunch and all taxes and gratuities. Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning Oct. 15.

Celebrity cook to speak at the Center

Christopher Kimball, founder and editor of *Cook's Illustrated*, a national magazine for cooking enthusiasts, and host of *America's Test Kitchen*, the popular public television cooking show, will speak at the Village Center on **Tuesday, Oct. 25, at 7 p.m.**

Mr. Kimball is a regular contributor to The Today Show, Weekend Edition, and the CBS Early Show. He is a columnist for the *New York Daily News* and the Boston based TAB newspapers. In 1991, Mr. Kimball relaunched *East West Journal* as *Natural Health* magazine, the leading American magazine on alternative health and whole food cooking. He is the author of several cookbooks and will discuss his new book, *America's Test Kitchen Family Cookbook*.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.



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State Dept. photographer on assignment

Human trafficking is the third largest and fastest growing criminal industry in the world and one of the most urgent human rights issues today. Kay Chernush, whose photographs have appeared with more than 50 stories in *Smithsonian* magazine, was assigned by the U.S. Dept. of State to travel around the world taking the pictures that appear with the annual "Trafficking in Persons (TIP) Report." Despite the difficult subject matter, her beautiful photos reflect the dignity of the people. She will share these photos in a slide presentation at the Village Center on **Thursday, Oct. 6, at 7:30 p.m.** Please sign up in advance by calling the Village Center at 301-656-2797.

Presidents at play

Kenneth Walsh, Chief White House correspondent for *U.S. News & World Report*, will discuss the vacation retreats of American presidents, and the historic decisions and events that occurred at them, in a slide illustrated talk at the Village Center **Monday, Oct. 24, at 7:30 p.m.**

In his new book, *From Mount Vernon to Crawford: A History of the Presidents and Their Retreats*, Mr. Walsh looks at presidents from George Washington to George W. Bush. *From Mount Vernon to Crawford* is a fascinating glimpse into this unexamined facet of government. Further, the author describes what these sites reveal about the characters of our commanders-in-chief.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

Jim Wallis to speak at the Center

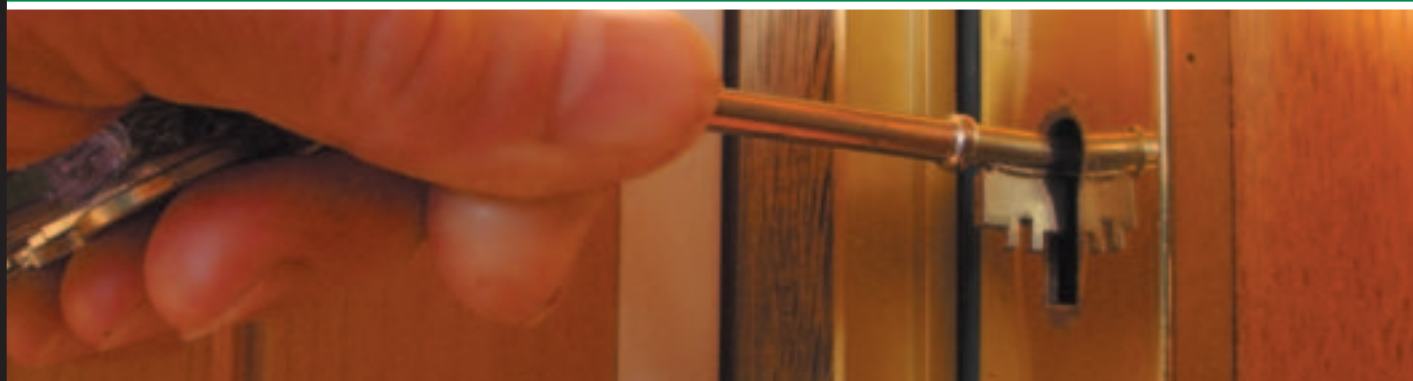
Jim Wallis, the founder and editor of *Sojourners* magazine, will discuss his best-selling book, *God's Politics: Why the Right Gets It Wrong and the Left Doesn't Get It*, at the Village Center **Thursday, Nov. 3, at 7:30 p.m.**

In a *New York Times* op-ed piece last month, Rev. Wallis went after both political parties: the Republicans for their post-election claims of mandate and the Democrats for not talking about moral values. Since his book was published earlier this year, he has been barnstorming the country and lecturing to packed houses.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

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PLAYING on the BIG SCREEN

Movies now begin at 7 p.m.

Thursday, Oct. 6, 7:30 p.m. — “Trafficking in Persons” See page 5 for details.

Thursday, Oct. 13, 7:00 p.m. — The Upside of Anger. Two friends wonder if there might be more between them when their lives both take a left turn in this romantic comedy starring Joan Allen and Kevin Costner. Terry is a housewife and mother of four teenaged daughters who gets the shock of her life when her husband leaves her without warning. Going

through a depression, Terry finds herself with Denny, a former baseball star turned radio personality who was her husband’s friend. The two find themselves drawn to one another. Rated R. Running Time: 117 minutes.

Thursday, Oct. 20, 7:00 p.m., — Cafe Muse. See page 14 for details.

Thursday, Oct. 27, 7:00 p.m. — Fall Festival. See page 1 for details.



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FRIENDSHIP GALLERY

Paintings by Center instructors and their students on exhibit in Friendship Gallery in October

Friendship Gallery is pleased to present the works of Doris Haskell, Joan Samworth, and Marianne Winter, all art instructors at the Friendship Heights Village Center, and their students during the month of October.

Doris Haskell has been teaching drawing and painting for many years for Adult Education of Montgomery County, the graduate school of NIH, as well as Friendship Heights. She has exhibited her paintings in group shows at the Baltimore Museum of Art, and the Corcoran Gallery. A portrait of a donor is owned by New York University.

Joan Samworth has exhibited in various parts of the country and has taught at the Corcoran, Oasis, Strathmore, and in private and public school. She has been an art instructor for junior and senior high students in southeast Washington for the past six years. Her project has developed into the Corcoran Apprenticeship Program, which has produced public art works around the city. She teaches a still life painting class at the Center.

Marianne Winter is an award-winning artist and photographer and teaches a portraiture class at the Center. Her paintings and photographs have been widely exhibited and one portrait hangs permanently at the University of Delaware. She has also illustrated two books published in Hungary.

The show runs from Oct. 2 to 30. All are invited to meet the artists at a reception on **Sunday, Oct. 16, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive.

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NEW CLASSES

BONES FOR LIFE (Daytime)

This class is based on Moshe Feldenkrais's teachings. Improve posture, stability, and flexibility and give your bones what they need for health. Again this session: lessons while seated for those who spend long hours at computers or are just not comfortable on floor mats. The 5-week series meets Thursdays from 11:30 a.m. to 1 p.m. Cost is \$50. Begins Oct. 27. The instructor, Hedy Ohringer, is certified in the Feldenkrais method and Bones for Life. Classes are designed for new and returning students. Session ends Dec. 1.

BONES FOR LIFE (Evening)

See description above. The 5-week series meets Thursdays from 7 to 8:30 p.m., Cost is \$50. Begins Oct. 27 and ends Dec. 1.

BONES FOR LIFE WORKSHOP

Here's a chance to learn new ways to relieve pain and gain healthy bones, balance and vitality. Try a 3-1/2 hour Bones for Life workshop on Sat. Oct. 22 or Sunday October 30, 10:30 a.m. to 2 p.m. Taught by Hedy Ohringer. Each workshop is \$30.

CONVERSATIONAL SPANISH 1

This 10-week course begins Oct. 19. Students will learn basic expressions and grammar. Emphasis will be on conversation, listening comprehension, reading and grammar. Instructor Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington International School, Montgomery College and the

USDA Graduate School. Supplies will be an extra charge. The class meets Wednesdays, from 6:30 to 8:30 p.m. The cost is \$200 for residents, \$210 for nonresidents and \$100 for anyone 65 or older. Session ends Dec. 21.

CONVERSATIONAL SPANISH 2

A 10-week course taught by Elena Marra-Lopez begins Oct. 14. This class is for students who have taken Conversational Spanish 1 or have some knowledge of Spanish. They will continue learning conversation, listening comprehension, reading and grammar. Supplies will be an extra charge. The class meets Fridays, from 10 a.m. to 12 p.m. Class will not be held on Nov. 25, Dec. 23 or 30; class will be held Nov. 11. The cost is \$200 for residents, \$210 for nonresidents and \$100 for anyone 65 or older. Session ends Jan. 6.

CONVERSATIONAL SPANISH 3

A 10-week course taught by Elena Marra-Lopez begins Oct. 18. This class is for students who have taken Conversational Spanish 2. The class meets Tuesdays, from 1 to 3 p.m. The cost is \$200 for residents, \$210 for nonresidents and \$100 for anyone 65 or older. Supplies will be an extra charge. Session ends Dec. 20.

MAT PILATES

A 6-week session begins Nov. 1. Meets Tuesdays from 7 to 8 p.m. The cost is \$70 for residents and \$80 for nonresidents. This particular class is not recommended for pregnant women or those with serious spinal conditions without a physician's approval. Instructor

Ginger Russell has been certified by the *PhysicalMind Institute*. Please bring a Pilates/Yoga mat and bath towel. Session ends Dec. 13 (class will not meet on Dec. 6). Maximum number of students is 15.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class is taught by Marianne Winter and begins Oct. 19. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Ms. Winter is an award-winning artist and photographer. Please bring a pad and pencil or pastel to the first class. The cost is \$60. (Maximum number of students is 8). Session ends Nov. 23.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the



Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

SCRABBLE

This active group of Scrabble players meets at the Center every Thursday, beginning at 6:30 p.m. All are welcome.

TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Marjorie Yahraes, 240-497-0050 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

Estate planning series continues this month

Attorney Lawrence Abrams will conduct the second in a series of programs on estate planning and estate administration on **Tuesday, Oct. 11, at 10:30 a.m.** This month's program is entitled "Transfers at Death Under the Will (Probate) and Transfers at Death Outside the Will (No Probate)."

Mr. Abrams is a graduate of Cornell University and the University of Pennsylvania Law School. He was an attorney with the Securities and Exchange Commission for five years before entering private 32 years ago. He specializes in estate planning and estate administration in Maryland and Washington, DC.

The presentations will be informal and "non-technical" with plenty of time for questions and discussion. They are free, but please sign up in advance if you plan to attend. Call the Village Center at 301-656-2797 to register.

New York, continued from page 1

elegant four-course holiday dinner at Tavern on the Green. A grand café overlooking Central Park, Tavern on the Green is one of New York's most dazzling dining experiences - a real show-stopper overflowing with crystal chandeliers, hand-carved mirrors, and stained glass. Built to house sheep in 1870, the building became a restaurant in 1934 and 40 years later underwent a \$10 million renovation by Warner LeRoy.

Friday morning we will start the day with a continental breakfast served in the hotel lobby. Our bus will drop us off at Rockefeller Center mid-morning. There will be free time then to stay and watch the ice skaters, explore St. Patrick's across the street, or shop in any of the wonderful nearby Fifth Avenue stores and enjoy lunch (on your own). Then we will meet for the 2 p.m. performance of the magical Christmas Spectacular at Radio City Music Hall, just a block away. The show includes favorites like "Parade of the Wooden Soldiers" and the Living Nativity. We'll head home after the show, stopping en route for a fast food dinner (on your own.) We should return to Friendship Heights before 10 p.m.

The cost of the trip is \$460, per person, double occupancy. The single supplement is \$142. The cost includes all transportation, deluxe hotel accommodations, ferry boat and entry to Ellis Island, Orchestra seats at Radio City Music Hall, dinner at Tavern on the Green, and all taxes and gratuities. A deposit of \$200 is due at sign-up; the balance is due Nov. 1. Residents and one guest may sign up immediately; nonresidents may sign up Oct. 15. Children seven and older are welcome if accompanied by an adult. Information about trip insurance is available at the Center. There are 23 spaces available.



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CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m. in Huntley Hall. *Before entering the auditorium, please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering.*

Wednesday, Oct. 5 — Les Amis de Mozart. Sheila Grimes offers an evening of classical music featuring cello, violin, and piano trio when she returns to Friendship Heights with Les Amis de Mozart.

Wednesday, Oct. 12 — Kristin Jepperson. Join us for an evening of soothing sounds with this harpist and vocalist who has toured nationally, in concerts as well as theater productions.

Wednesday, Oct. 19 — No Concert. Town Hall Meeting.

Wednesday, Oct. 26 — Ellouise Schoettler. Local storyteller will present stories to make your spine tingle.

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Mehmet is a resident in the center of Friendship Heights, his care and concern for the real estate value of your neighborhood and his, makes his neighborhood knowledge a tremendous asset to those at Friendship Heights.


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TO YOUR HEALTH

A-Voiding Issues

This month's Suburban Lecture on **Wednesday, October 12, at 1 p.m.**, concerns bladder problems. These can range from incontinence to leaking urine with a sneeze or cough. Join Dr. Juan Litvak, a urologist, in this discussion. He will de-bunk some of the myths related to aging and tell you how you can deal with a variety of these bladder issues. There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

The journey continues

"Vision Transitions — the Next Generation," continues its journey toward solutions when low vision consumer specialist Patrick Sheehan leads a session entitled "Today's Technology — Tomorrow's Independence" on **Tuesday, Oct. 25 from 6 to 7 p.m.** at the Village Center. Whether you want to cook a meal, cross the street, or find a high tech solution, this is the program for you. To register, call 301-656-2797. For more information about Vision Transitions, call 202-234-1010 or visit www.youreyes.org.

Fight the flu!

Friendship Heights has tentatively scheduled flu shots for three dates this fall. A shortage is predicted again this year, but the MedStar Health Visiting Nurses Association is hopeful that they will be able to administer the vaccine at our Center on **Tuesday, Oct. 11 and Friday, Oct. 14**, for residents in high risk groups (defined below) only, and on **Friday, Nov. 4** for everyone else. All clinics are from 9:30 a.m. to 1:30 p.m.; 200 shots will be given on each day.

- * A high risk group includes anyone 65 and older (bring a photo i.d.); anyone 9 to 64 with chronic medical conditions (bring a note from your doctor); health care workers involved in patient care; out-of-home caregivers of children over 6 months; all women who might be pregnant during flu season.
- * Cost is \$35 (cash or check payable to Visiting Nurses Assoc. only).
- * Individuals with Medicare Part B or Medicaid will not be charged (bring your card).

You must have an appointment to receive a shot. Call 301-656-2797 to register.

Is Medicare's new drug plan for you?

Everyone with Medicare will soon be able to enroll in Medicare's new Prescription Drug Program (PDP). Should you?

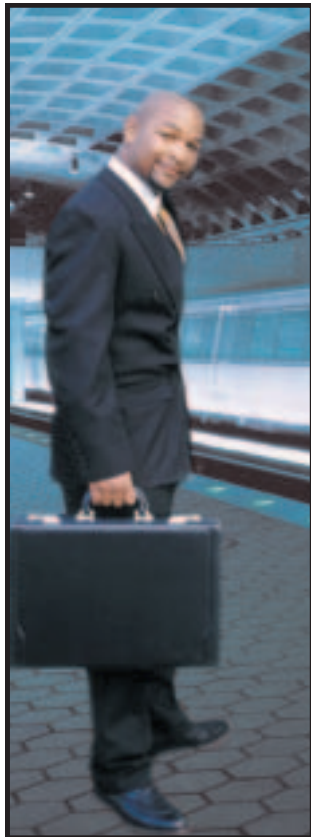
A volunteer counselor from SHIP (Senior Health Insurance Assistance Program) is at the Village Center from 1 to 3 p.m. the second and fourth Wednesday of each month, to help you make a decision. Find out about premiums for the new benefit, whether your current health insurance is just as good, whether you or a friend might qualify for extra help in paying out-of-pocket expenses, how to choose the best PDP for you, when to sign up and more.

To make an appointment, call the Montgomery County SHIP (301) 590-2819. Walk-ins are welcome if there is time available.

Here's a chance for an introduction to new ways to relieve pain and gain healthy bones, balance and vitality. Invest in a new you by trying a 3-1/2 hour Bones for Life workshop on **Sat. Oct. 22 or Sunday, Oct. 30, 10:30 a.m. to 2 p.m.** Details on page 10.

<p>Call Today for A FREE Hearing Aid Consultation</p>  <p>28 YEARS EXPERIENCE</p>	<p>Chevy Chase Audiology Associates</p> <p>Specializing In "Advanced Digital Hearing Aids"</p> <ul style="list-style-type: none">◆ Certified, Licensed Audiologist◆ Medicare & BlueCross Accepted◆ Small Dual Microphone Digital hearing Aids◆ Service-Repair-Batteries for all makes & models <p>"We Take The Time To Make Sure You're Hearing Right"</p> <p>5530 Wisconsin Ave. • Suite 1540 • Chevy Chase, MD (2 blocks from Friendship Heights Metro Station)</p>	<p>Nehama Pluznik M.A., CCC-A</p>  <p>High Definition Hearing™ by Widex</p> <p>Fitting hearing aids by Widex and other leading companies</p> <p>30 DAY TRIAL PERIOD</p> <p>(301) 907-0002</p>
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Cafe Muse presents...

This month's Café Muse, on **Thursday, Oct. 20, at 7 p.m.**, presents poet Rosemary Klein and novelist Leslie Pietryzk.

Rosemary Klein is the founding editor of Three Conditions Press and executive director of the Maryland State Poetry & Literary Society. Her poetry manuscript *The Absolute Heart* won the New Spirit Press quarterly chapbook series in 1996, and her poems have appeared in numerous journals.

Leslie Pietryzk is the author of two novels, *A Year and a Day* and *Pears on a Willow Tree*. Her short fiction has appeared in many journals, and her work has been nominated several times for the Pushcart Prize.

Classical guitar selections performed by Michael Davis are presented each month at 7 p.m. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for more than 25 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.

The wacky, wondrous worlds of Washington

Enjoy humorous illustrated insights from John Jay Daly, a fourth generation Washingtonian, former lobbyist, and public relations professional, at the Village Center on **Wednesday, Oct. 26, at 1 p.m.**

Mr. Daly is an amateur historian with a wealth of Washington information who gives an insider's look at the national capital. You'll be challenged by his "Quick Quiz to Test Your IQ re DC." No one has ever scored 100% on this intriguing quiz (what was the Beltway's original name?) No matter how well you think you know Washington, you will learn something new from his talk.

Please register by calling 301-656-2797.

Join us for a fashion show and a drawing for a \$25 gift certificate on **Friday, Oct. 28, at 1 p.m.** You may recognize the faces of some of the models in casual, dressy and travel outfits from Draper's & Damon's of Sumner Place in Bethesda. Please call 301-656-2797 to reserve a seat. To make the afternoon really special, sign up for Special Lunch too!



Set Sail for Fine International Cuisine at Brighton Gardens of Friendship Heights

You don't have to go to the trouble and expense of taking a cruise around the world to experience fine international cuisine. Our talented chefs at Brighton Gardens of Friendship Heights will prepare authentic meals that you can conveniently enjoy right in the heart of Chevy Chase. The accompanying cultural entertainment will surely sweep you across the seas as you dine on carefully prepared dinners.

CRUISE SCHEDULE

5:00pm-7:00pm

October 20 **German**
November 10 **Indian**
December 8 **Scandinavian**

Don't miss this opportunity to "sail" around the world
with Brighton Gardens of Friendship Heights.
RSVP to Sue Erim at 301-656-1900 one week before each event.
Space is limited, so RSVP for you and a friend today.


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Village Council Corner

Project Heart Beat CPR/AED Course Schedule

**Register today at the Village Center—
only one class needed for certification!**

- Mon., Oct. 3, 9 a.m. to 12 p.m. or 1 to 4 p.m.
- Tues., Oct. 4, 7 p.m. to 10 p.m.
- Wed., Oct. 5, 9 a.m. to 12 p.m. or 1 to 4 p.m.
- Thurs., Oct. 20, 9 a.m. to 12 p.m. or 1 to 4 p.m. **NEW!**
- Fri., Oct. 21, 9 a.m. to 12 p.m. or 1 to 4 p.m.
- Sat., Oct. 22, 9 a.m. to 12 p.m.

(all classes held at the Village Center)

Cost: \$5 for Village residents; \$25 others



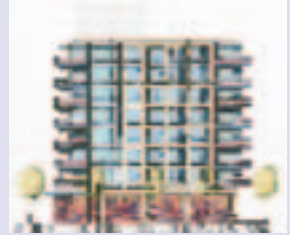
"If you are questioning the need for this training, think of only one thing, could you ever forgive yourself for not being able to help save the life of someone desperately in need of your help?"

Dr. Alvan Morris, Village Council

Proposed Development at 5500 Wisconsin Avenue

At the Council's public meeting on **Tuesday, Oct. 11, at 8 p.m.**, Grosvenor USA Limited (owner of the Holiday Inn complex) will present a proposal for a new project at the corner of South Park and Wisconsin Avenues. According to the developer, construction is not presently scheduled to begin until at least **2015**

(when the current retail leases begin to expire) and would take about two years to complete. (Note: Dates corrected from August *Council Report*.)



Council actions at the Sept. 12 public session:

- Heard presentations from McFall and Berry and Graham Landscape & Design on proposed redesign of Humphrey Park landscaping.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

October 2005 events calendar